Menu Ideas for School Cafeterias

Nutrition Tips:

- Emphasize vegetable ingredients, toppings and fillings in mixed dishes.
- Use whole grains for at least the majority of grain products.
- Use non-hydrogenated fats. Limit saturated fats.
- Consider plant protein options, such as lentil soup or bean burritos.
- Adjust recipes to reduce fat, sugar and salt.
- The nutritional value will vary depending on the ingredients used and the preparation methods.

Beverages

100% fruit juice
chocolate milk
hot chocolate made with milk
milk
other flavoured milks
tomato juice
V8™ juice
water
yogurt drinks (e.g. Yop™)

Appetizers/Snacks

bagel or pita chips with salsa
bruschetta
guacamole with veggies or baked tortilla chips
hummus with pita triangles
spinach dip with veggies or whole grain bread
vegetables with low fat dip
Vietnamese salad rolls (cold)

Salads

Caesar, chicken Caesar
coleslaw
Greek
mandarin chicken
spinach
Thai noodle

Entrées

baked beans
bean casserole
brown rice chili
burritos
calzones
chicken, beef or veggie burgers
chili
fajitas
falafel
honey lemon chicken
lasagne
meatballs with spaghetti sauce
meatloaf
Mexican casserole
parmesan chicken
pizza
salmon burgers
salmon or tuna loaf
salmon or tuna patties
sloppy joes
soft tacos
spaghetti and meat sauce
stew
stir fry
stuffed peppers
sushi (no raw fish or seafood)
sweet and sour meatballs
teriyaki beef or chicken
tuna casserole
Soups
borscht
broccoli cheese soup
cauliflower cheese soup
hamburger soup
lentil soup
pumpkin soup
roasted red pepper soup
split pea soup
squash soup

Vegetables
baked potato with low fat toppings
broccoli stir fry with almonds
chop suey
corn on the cob
oven wedge fries
potato salad
spaghetti squash with lentil spaghetti sauce
vegetables with cheese sauce

Sandwiches and Wraps
bagel sandwich or pizza bagel
chicken Caesar wraps
lean meat, poultry sandwich
pita sandwich
salmon, tuna or egg salad sandwich
submarine sandwich
tortilla pinwheels

Pasta and Rice
cabbage rolls
fried rice
macaroni and cheese
pasta salad
perogies
Spanish rice
spinach rice with lemon
stuffed shell pasta

Desserts
bread pudding
canned fruit
fresh fruit
frozen yogurt
fruit salad
pudding - chocolate, caramel, vanilla
rice pudding
yogurt
yogurt parfait

Baking
bannock
matrimonial squares
muffins – bran, pumpkin, zucchini, blueberry, etc.
oatmeal or oatmeal raisin cookies
scones

Strategies for Healthier Food Choices in School Cafeterias:

- **Incentive pricing**: If less healthy options are not discontinued, sell them at higher prices than the healthier choices.
- **Product placement**: Position healthier choices more prominently than unhealthy choices.
- **Feature healthy choices** as specials.
- Offer healthy specials based on ethnic, holiday or season themes.
- Ontario’s *Eat Smart High School Cafeteria Program* is an example of an initiative promoting healthier food choices in school cafeterias. [www.eatsmart.web.ca/en/school](http://www.eatsmart.web.ca/en/school).

For more information, contact the Health Promotion Department – Public Health Services at *(306) 655-4630.*
For food safety and inspection, call *(306) 655-4605.*